



# National Nutrient Database for Standard Reference

## Release 28 slightly revised May, 2016

### Statistics Report 01126, Egg, yolk, raw, frozen, pasteurized

Report Date: July 09, 2017 11:47 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water <sup>1</sup>	g	56.44	15	0.068	56.1	57	14.0	56.294	56.586	1	Analytical or derived from analytical	--	04/2015
Energy	kcal	296	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Energy	kJ	1238	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Protein <sup>1</sup>	g	15.53	15	0.095	14.9	16.4	14.0	15.33	15.737	1	Analytical or derived from analytical	--	04/2015
Total lipid (fat) <sup>1</sup>	g	25.60	15	0.171	24.19	26.62	14.0	25.234	25.969	1	Analytical or derived from analytical	--	04/2015
Ash <sup>1</sup>	g	1.62	15	0.057	1.43	2.33	14.0	1.494	1.739	1	Analytical or derived from analytical	--	04/2015
Carbohydrate, by difference	g	0.81	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/1976
Sugars, total <sup>1</sup>	g	0.16	15	0.014	0.07	0.2	14.0	0.133	0.193	1	Analytical or derived from analytical	--	04/2015
Sucrose <sup>1</sup>	g	0.00	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	04/2012

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glucose (dextrose) <sup>1</sup>	g	0.16	15	0.014	0.07	0.2	14.0	0.133	0.193	1	Analytical or derived from analytical	--	04/2015
Fructose <sup>1</sup>	g	0.00	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	04/2012
Lactose <sup>1</sup>	g	0.00	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	04/2012
Maltose <sup>1</sup>	g	0.00	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	04/2012
Galactose <sup>1</sup>	g	0.00	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	04/2012
<b>Minerals</b>													
Calcium, Ca <sup>1</sup>	mg	134	15	2.872	117	158	14.0	127.974	140.292	1	Analytical or derived from analytical	--	04/2015
Iron, Fe <sup>1</sup>	mg	4.55	15	0.066	4.16	4.91	14.0	4.411	4.693	1	Analytical or derived from analytical	--	04/2015
Magnesium, Mg <sup>2</sup>	mg	11	3	--	10	12	--	--	--	1	Analytical or derived from analytical	--	04/2012
Phosphorus, P <sup>2</sup>	mg	420	3	--	378	443	--	--	--	1	Analytical or derived from analytical	--	04/2012
Potassium, K <sup>2</sup>	mg	121	3	--	118	126	--	--	--	1	Analytical or derived from analytical	--	04/2012

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sodium, Na <sup>1</sup>	mg	67	15	0.860	61	72	14.0	64.875	68.565	1	Analytical or derived from analytical	--	04/2015
Zinc, Zn <sup>2</sup>	mg	3.17	3	--	2.99	3.32	--	--	--	1	Analytical or derived from analytical	--	04/2012
Copper, Cu <sup>2</sup>	mg	0.000	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
Manganese, Mn <sup>2</sup>	mg	0.078	3	--	0.07	0.09	--	--	--	1	Analytical or derived from analytical	--	04/2012
Selenium, Se <sup>2</sup>	µg	56.4	3	--	41.2	69.2	--	--	--	1	Analytical or derived from analytical	--	04/2012
<b>Vitamins</b>													
Vitamin C, total ascorbic acid <sup>1</sup>	mg	0.0	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	04/2015
Thiamin <sup>2</sup>	mg	0.223	3	--	0.17	0.32	--	--	--	1	Analytical or derived from analytical	--	04/2012
Riboflavin <sup>2</sup>	mg	0.563	3	--	0.51	0.61	--	--	--	1	Analytical or derived from analytical	--	04/2012
Niacin <sup>2</sup>	mg	0.031	3	--	0.02	0.04	--	--	--	1	Analytical or derived from analytical	--	04/2012
Pantothenic acid <sup>2</sup>	mg	3.437	3	--	3.11	3.61	--	--	--	1	Analytical or derived from analytical	--	04/2012

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin B-6 <sup>1</sup>	mg	0.412	15	0.007	0.38	0.46	14.0	0.397	0.426	1	Analytical or derived from analytical	--	04/2015
Folate, total <sup>2</sup>	µg	151	3	--	140	169	--	--	--	1	Analytical or derived from analytical	--	04/2012
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	151	3	--	140	169	--	--	--	1	Analytical or derived from analytical	--	04/2012
Folate, DFE	µg	151	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2012
Choline, total <sup>2</sup>	mg	639.3	3	--	569	710	--	--	--	1	Analytical or derived from analytical	--	04/2012
Vitamin B-12 <sup>1</sup>	µg	1.90	15	0.259	0.6	4.09	14.0	1.348	2.46	1	Analytical or derived from analytical	--	04/2015
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	419	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2015
Retinol <sup>1</sup>	µg	419	15	12.742	262	466	14.0	391.205	445.862	1	Analytical or derived from analytical	--	04/2015
Carotene, beta <sup>2</sup>	µg	10	3	--	0	31	--	--	--	1	Analytical or derived from analytical	--	04/2012
Carotene, alpha	µg	36	--	--	--	--	--	--	--	--	Calculated or imputed	01125	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cryptoxanthin, beta	µg	32	--	--	--	--	--	--	--	--	Calculated or imputed	01125	01/2003
Vitamin A, IU	IU	1469	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	01125	01/2003
Lutein + zeaxanthin <sup>2</sup>	µg	904	3	--	646	1,226	--	--	--	1	Analytical or derived from analytical	--	04/2012
Vitamin E (alpha-tocopherol) <sup>2</sup>	mg	2.24	3	--	1.54	3.38	--	--	--	1	Analytical or derived from analytical	--	04/2012
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	6.0	20	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Vitamin D2 (ergocalciferol) <sup>1,3</sup>	µg	0.0	20	0.000	0	0	19.0	--	--	2	Analytical or derived from analytical	--	04/2015
Vitamin D3 (cholecalciferol) <sup>1,3</sup>	µg	6.0	20	1.051	1.9	17	19.0	3.761	8.161	2	Analytical or derived from analytical	--	06/2015
Vitamin D	IU	238	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Vitamin K (phylloquinone)	µg	0.7	--	--	--	--	--	--	--	--	Calculated or imputed	01125	01/2003
<b>Lipids</b>													
Fatty acids, total saturated	g	8.615	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
4:0 <sup>1</sup>	g	0.000	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
6:0 <a href="#">1</a>	g	0.000	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	02/1995
8:0 <a href="#">1</a>	g	0.000	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	05/1996
10:0 <a href="#">1</a>	g	0.000	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	05/1996
12:0 <a href="#">1</a>	g	0.000	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	05/1996
14:0 <a href="#">1</a>	g	0.083	15	0.001	0.08	0.09	14.0	0.08	0.086	1	Analytical or derived from analytical	--	04/2015
15:0 <a href="#">1</a>	g	0.022	15	0.000	0.02	0.02	14.0	0.022	0.022	1	Analytical or derived from analytical	--	04/2015
16:0 <a href="#">1</a>	g	6.211	15	0.038	5.85	6.44	14.0	6.128	6.293	1	Analytical or derived from analytical	--	04/2015
17:0 <a href="#">1</a>	g	0.051	15	0.001	0.04	0.06	14.0	0.048	0.053	1	Analytical or derived from analytical	--	04/2012
18:0 <a href="#">1</a>	g	2.249	15	0.031	2.1	2.43	14.0	2.181	2.316	1	Analytical or derived from analytical	--	04/2015
20:0 <a href="#">1</a>	g	0.000	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	04/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:0 <a href="#">1</a>	g	0.000	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	05/1996
24:0 <a href="#">1</a>	g	0.000	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	05/1996
Fatty acids, total monounsaturated	g	9.956	--	--	--	--	--	--	--	1	Calculated or imputed	--	04/2015
14:1 <a href="#">1</a>	g	0.022	15	0.000	0.02	0.02	14.0	0.022	0.022	1	Analytical or derived from analytical	--	04/2015
15:1 <a href="#">1</a>	g	0.000	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	04/2012
16:1 undifferentiated <a href="#">1</a>	g	0.545	15	0.023	0.4	0.66	14.0	0.495	0.596	1	Analytical or derived from analytical	--	04/2015
17:1 <a href="#">1</a>	g	0.000	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	04/2012
18:1 undifferentiated <a href="#">1</a>	g	9.331	15	0.142	8.24	10.06	14.0	9.027	9.635	1	Analytical or derived from analytical	--	04/2015
18:1 c <a href="#">1</a>	g	9.261	15	0.144	8.13	10	14.0	8.952	9.571	1	Analytical or derived from analytical	--	04/2015
18:1 t <a href="#">1</a>	g	0.069	15	0.005	0.05	0.11	14.0	0.058	0.081	1	Analytical or derived from analytical	--	04/2015

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:1 <sup>1</sup>	g	0.058	15	0.001	0.05	0.06	14.0	0.056	0.06	1	Analytical or derived from analytical	--	04/2015
22:1 undifferentiated <sup>1</sup>	g	0.000	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	05/1996
Fatty acids, total polyunsaturated	g	4.827	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
18:2 undifferentiated <sup>1</sup>	g	4.009	15	0.175	3.14	5.14	14.0	3.635	4.383	1	Analytical or derived from analytical	--	04/2015
18:2 n-6 c,c <sup>1</sup>	g	3.980	15	0.174	3.12	5.12	14.0	3.607	4.353	1	Analytical or derived from analytical	--	04/2015
18:2 t,t <sup>1</sup>	g	0.029	15	0.003	0.02	0.06	14.0	0.023	0.035	1	Analytical or derived from analytical	--	04/2015
18:3 undifferentiated <sup>1</sup>	g	0.124	15	0.010	0.08	0.23	14.0	0.102	0.146	1	Analytical or derived from analytical	--	04/2015
18:3 n-3 c,c,c (ALA) <sup>1</sup>	g	0.093	15	0.011	0.05	0.19	14.0	0.07	0.115	1	Analytical or derived from analytical	--	04/2015
18:3 n-6 c,c,c <sup>1</sup>	g	0.031	15	0.002	0.02	0.04	14.0	0.028	0.035	1	Analytical or derived from analytical	--	04/2015
18:3i <sup>1</sup>	g	0.000	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	04/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:4 <sup>1</sup>	g	0.000	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	04/2015
20:2 n-6 c,c <sup>1</sup>	g	0.047	15	0.002	0.04	0.06	14.0	0.043	0.051	1	Analytical or derived from analytical	--	04/2015
20:3 undifferentiated <sup>1</sup>	g	0.000	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	04/2012
20:4 undifferentiated <sup>1</sup>	g	0.490	15	0.011	0.41	0.54	14.0	0.467	0.512	1	Analytical or derived from analytical	--	04/2015
20:5 n-3 (EPA) <sup>1</sup>	g	0.000	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	04/2012
22:5 n-3 (DPA) <sup>1</sup>	g	0.022	15	0.000	0.02	0.02	14.0	0.022	0.022	1	Analytical or derived from analytical	--	04/2015
22:6 n-3 (DHA) <sup>1</sup>	g	0.135	15	0.005	0.11	0.17	14.0	0.125	0.145	1	Analytical or derived from analytical	--	04/2015
Fatty acids, total trans	g	0.098	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
Fatty acids, total trans-monoenoic	g	0.069	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
Cholesterol <sup>2</sup>	mg	991	3	--	960	1,030	--	--	--	1	Analytical or derived from analytical	--	07/2015
<b>Amino Acids</b>													
Tryptophan <sup>2</sup>	g	0.223	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Threonine <a href="#">2</a>	g	0.706	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
Isoleucine <a href="#">2</a>	g	0.780	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
Leucine <a href="#">2</a>	g	1.351	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
Lysine <a href="#">2</a>	g	1.182	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
Methionine <a href="#">2</a>	g	0.375	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
Cystine <a href="#">2</a>	g	0.274	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
Phenylalanine <a href="#">2</a>	g	0.689	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
Tyrosine <a href="#">2</a>	g	0.682	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
Valine <a href="#">2</a>	g	0.908	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
Arginine <a href="#">2</a>	g	1.091	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Histidine <sup>2</sup>	g	0.399	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
Alanine <sup>2</sup>	g	0.811	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
Aspartic acid <sup>2</sup>	g	1.503	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
Glutamic acid <sup>2</sup>	g	1.942	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
Glycine <sup>2</sup>	g	0.476	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
Proline <sup>2</sup>	g	0.615	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
Serine <sup>2</sup>	g	1.301	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003

#### Sources of Data

<sup>1</sup>American Egg Board American Egg Board - data on six egg products, 2014

<sup>2</sup>American Egg Board American Egg Board-Egg Nutrition Center Study, 2005

<sup>3</sup>American Egg Board American Egg Board - data on four egg products, 2015